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ABSTRACT

In this menu planning guide, information is provided to help food service supervisors and managers participating in the School Breakfast Program to meet the daily dietary needs of children. Regulations governing the minimum content of each breakfast are outlined. Nutrients provided by the required breakfast pattern are described, as are management and planning tips. Sample breakfast menus for schools with and without kitchen facilities are listed. A method of evaluating breakfast menus is suggested. (WI)

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School Breakfast Menu Planning Guide

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Energize your day with breakfast

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This menu planning guide was prepared to help foodservice supervisors and managers participating in the School Breakfast Program plan breakfast menus to help meet the daily dietary needs of children.

The School Breakfast Program received permanent authorization by Public Law 94-105, enacted October 7, 1975. In an effort to improve the diets of school children, schools serving breakfasts are eligible under this act for cash reimbursement and donated foods from the U.S. Department of Agriculture. In addition, the law authorizes funds for equipment needed to establish or expand breakfast programs where local resources are inadequate.

The Nutrition and Technical Services Division acknowledges with appreciation the technical assistance of the Food and Diet Appraisal Research Group, Consumer and Food Economics Institute, Science and Education Administration, USDA, in preparing this publication.

USDA's Food and Nutrition Service programs are available to all eligible persons regardless of race, color or national origin.

FNS-7

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The Breakfast Pattern 1

The three food components required by the School Breakfast Program provide children with a good start toward meeting their daily nutritional needs. The kinds and amounts of foods listed are based on the food needs of 10- to 12-year-old children.

The School Breakfast Program regulations require each breakfast to contain, as a minimum:

1.

Fluid Milk—a half pint, as a beverage or on cereal

2.

Fruit or Vegetables or Fruit Juice or Vegetable Juice—a half cup of fruit or vegetable or a half cup full-strength fruit or vegetable juice

3.

Bread or Cereal—a serving of bread or 3/4 cup (or 1 ounce) of cereal, or an equivalent combination. (The variation in serving size for cereal allows for a smaller serving of the high-density granola-type cereals.)

To help meet children's nutritional needs, breakfast should also contain as often as possible:

Meat or Meat Alternate—a 1-ounce (edible portion as served) of meat, poultry, or fish; or 1 ounce of cheese; or 1 egg; or 2 tablespoons of peanut butter; or an equivalent amount of any combination of these foods.

In addition, supplements, like honey, fortified margarine, butter, and jam, add nutrients, satisfy appetites and add appeal to the morning meal and should be served frequently.

Also, plan to include:

- vitamin C food frequently
- foods for iron each day.

2 Nutrition in School Breakfast

No one food contains all the nutrients our bodies need. Used together, however, the components of the breakfast pattern supply many of the nutrients necessary for our children's health and development.

1.

Milk—(Fluid milk is defined as flavored or unflavored, whole, low-fat, skim, or buttermilk which meet program regulations.) Milk is the leading source of calcium and also provides good quality protein, riboflavin, vitamin A, vitamin D (if fortified) as well as phosphorus and other nutrients.

2.

Fruit or Vegetables or Fruit and Vegetable Juices— Citrus fruits, like oranges and grapefruits are not only high in vitamin C but add appetizing color and taste to breakfast. Other good sources of vitamin C include tomato juice, strawberries and cantaloupe. Dried fruits, like raisins and prunes, are valuable for iron. In addition, most fruits provide fiber.

3.

Breads and Cereals— Whole-grain or enriched breads provide some of the B vitamins (thiamin and niacin) as well as minerals (especially iron) and calories. In addition, whole grain breads and cereals add fiber to the diet. (See FNS Instruction 783-9, "Guidelines for Items to be Credited as Bread Equivalents," for ideas on variety.)

4.

Meat and Meat Alternates— Protein-rich foods such as meat, cheese, an egg and peanut butter are important sources of protein, vitamins and minerals.

Guidelines for Planning School Breakfast 3

Managing Tips

Careful systematic menu planning—2 weeks or more in advance—is the key to good management. Make menu plans for lunch and breakfast at the same time to assure variety in meals and avoid problems scheduling the use of equipment.

Good menus are cost controlled. Breakfast can be inexpensive and still furnish its share of the day's food. Higher cost items are balanced out with lower-priced items or donated foods. Make maximum use of USDA-donated foods.

Planning Ideas

Planning appetizing breakfast menus requires originality and imagination. Try planning breakfasts that cater to regional, cultural and personal food preferences of children. However, be sure to include well-liked and familiar foods with "new" and less popular ones. Also plan for contrast in texture, flavor, size and shape of foods. For instance:

Fresh, canned, frozen and dried fruits can be used interchangeably. Try combining fruits with cereal for variation.

Use a variety of meats or meat alternates—eggs, sausage, luncheon meat, canned meat, ground beef, ham, cheese, peanut butter, fish or poultry. Alternate egg dishes with other main dishes. Serve the egg alone or in combination with different meats or cheese. Look for variety in preparing your eggs—scrambled, hard-cooked, soft-cooked, poached or in omelets.

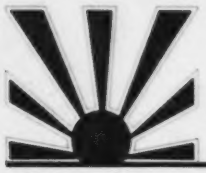
Bread offers many different menu ideas. Use a variety of hot breads, such as cornbread and different kinds of muffins and biscuits. Or you might try breakfast rolls made with bulgar or rolled wheat or oats. Sandwiches, open-faced or closed, are a good choice. And don't forget pancakes, waffles and french toast.

Cereals can give you a light or hearty breakfast and are inexpensive as well. You can serve your cereals hot or use pre-packaged preportioned cereals, including wheat, corn, rice, oats and granola.

Consider Your Customers

Keep in mind the age groups you are serving. The way food is served to young children will affect whether or not it is eaten. For instance, serve your hard-cooked eggs peeled and cut in halves. Serve finger sandwiches, apple wedges, sectioned oranges and grapefruits and meat cut into bite-sized pieces. Serve small portions of additional foods. And for older children, remember that quantity as well as quality is important.

The following sample menus have been numbered in a pattern which insures serving variety.



4 Sample Breakfast Menus

1
Orange Juice *1/2 cup*
Oven Fried French Toast with Honey *1 slice*
Milk *1/2 pint*

2
Applesauce *1/2 cup*
Baked Luncheon Meat *1 ounce*
Whole Wheat Bread *1 slice*
Milk *1/2 pint*

3
Pineapple Juice *1/2 cup*
Choice of Ready-to-Eat Cereal *3/4 cup*
or 1 ounce
Milk *1/2 pint*

4
Sliced Peaches *1/2 cup*
with Cottage Cheese *1 ounce*
Hot Bagel *1*
Milk *1/2 pint*

5
Stewed Prunes with Orange Juice *1/2 cup*
Cinnamon Toast *1 slice*
Milk *1/2 pint*

6
Apple Juice *1/2 cup*
Ground Beef Pattie *1 ounce*
Corn Grits *3/4 cup*
with Butter/Fortified Margarine
Milk *1/2 pint*

7
Tomato Juice *1/2 cup*
Flour Tortillas with Honey *2*
Milk *1/2 pint*

8
Orange Quarters *1/2 cup*
Cheese Cubes *1 ounce*
Raisin Bread Toast *1 slice*
Milk *1/2 pint*

9
Grapefruit Juice *1/2 cup*
Blueberry Waffle with Syrup *1 waffle*
Milk *1/2 pint*

10
Fruit Cup *1/2 cup*
(banana, orange, pineapple sections)
Deviled Egg* *1*
Toast *1 slice*
Milk *1/2 pint*

11
Grape Juice *1/2 cup*
Oatmeal *3/4 cup*
Milk *1/2 pint*

12
Stewed Raisins with Orange Juice *1/2 cup*
Hot Peanut Butter & Jelly Sandwich
2 Tbsp PB, 1 slice bread
Milk *1/2 pint*

13
Apricots *1/2 cup*
Fry Bread with Honey *1 piece*
Milk *1/2 pint*

Sample Breakfast Menus

14
Orange Juice *1/2 cup*
Creamed Turkey* *1/4 cup*
on Toast *1 slice*
Milk *1/2 pint*

15
Orange & Grapefruit Sections *1/2 cup*
Date Muffin *1*
Milk *1/2 pint*

16
Tomato Juice *1/2 cup*
Corn Grits-Cheese Casserole* *1/3 cup*
Whole Wheat Toast *1 slice*
Milk *1/2 pint*

17
Grapefruit *1/2 cup*
Caramel Peanut Butter Roll* *1 roll*
Milk *1/2 pint*

18
Raw Apple Wedges *1/2 cup*
Egg Salad Sandwich* *1/2 egg, 1 slice bread*
Milk *1/2 pint*

19
Banana *1 small*
Cornflakes *3/4 cup*
Milk *1/2 pint*

20
Orange Juice *1/2 cup*
Hard-Cooked Egg *1 egg*
Crisp Bacon *1 slice*
Whole Wheat Toast *1 slice*
Hot Cocoa** *1 cup*

21
Pineapple Juice *1/2 cup*
Pancakes *1-2*
Syrup
Milk *1/2 pint*

22
Grapefruit Sections *1/2 cup*
Cheese Pizza* *1 piece*
Milk *1/2 pint*

23
Fruit Cocktail *1/2 cup*
Cinnamon Topped Muffin *1*
Milk *1/2 pint*

24
Sliced Peaches *1/2 cup*
Sopapillas with Honey *1*
Milk *1/2 pint*

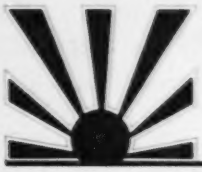
25
Orange Juice *1/2 cup*
Creamed Egg *1 egg*
on Toast *1 slice*
Milk *1/2 pint*

26
Tomato Juice *1/2 cup*
Scrambled Egg* *1 egg*
Hash Brown Potatoes *1/2 cup*
Whole Wheat Toast *1 slice*
Milk *1/2 pint*

27
Sliced Pears *1/2 cup*
Boston Brown Bread* *1 slice*
Cream Cheese *1 slice*
Milk *1/2 pint*

* Recipe found in "Quantity Recipes for Type A School Lunches" (PA-631)

** Use fluid milk in preparation.



Sample Breakfast Menus

28
Orange Juice *1/2 cup*
Creamed Dried Beef* *1/3 cup*
on Toast *1 slice*
Milk *1/2 pint*

29
Apple Juice *1/2 cup*
Steamed Rice* with Raisins *3/4 cup*
Milk *1/2 pint*

30
Orange Sections *1/2 cup*
Cornbread* *1 piece*
Sausage Pattie *1 ounce*
Milk *1/2 pint*

31
Purple Plums *1/2 cup*
English Muffin with Jam *1*
Milk *1/2 pint*

32
Orange/Grapefruit Juice *1/2 cup*
Baked Egg *1 egg*
Toast *1 slice*
Hot Cocoa** *1 cup*

33
Baked Apple *1 medium*
Cheese Toast *1 slice (1 ounce)*
Milk *1/2 pint*

* Recipe found in "Quantity Recipes for Type A School Lunches" (PA-631)

** Use fluid milk in preparation.

Breakfast Menus for Schools Without Facilities 5

Menus for schools where food preparation and storage facilities are unavailable require skilled planning. Managers need to make an effort to keep the breakfast menu appetizing, even though it must be limited.

Cold milk and juices can be served, without refrigeration facilities, if deliveries are scheduled close to serving time. Refrigeration is essential, however, for storing perishable foods like milk and meat. Prepared dishes containing those foods may be unsafe to eat if held for even 3 or 4 hours at temperatures above 45°F. Where there is no refrigeration, the menu will have to include primarily such items as bread, cereals, canned foods, dried fruits, apples, bananas and citrus fruits. (Remember to keep cold foods cold—below 45°F—and hot foods hot—above 140°F.)

Additional tips:

Plan foods that can be eaten out-of-hand to minimize the need for eating utensils and to help keep labor and serving costs down.

Serve reconstituted orange juice concentrate, milk, and prepackaged ready-to-eat cereals in original containers.

Buy eating utensils that are disposable, such as plastic spoons and paper bowls.

1
Orange Juice *1/2 cup*
Cornflakes *3/4 cup*
Milk *1/2 pint*

2
Banana *1 small*
Peanut Butter & Jelly Sandwich *2 Tbsp PB, 1 slice* Bread
Milk *1/2 pint*

3
Orange & Grapefruit Sections *1/2 cup*
Shredded Wheat *3/4 cup* or *1* Biscuit

4
Tomato Juice *1/2 cup*
Sliced Luncheon Meat *1 ounce*
Sandwich *1 slice*
Milk *1/2 pint*

5
Sliced Pears *1/2 cup*
Whole Wheat Bread with Jelly *1 slice*
Milk *1/2 pint*

6
Peach *1 medium*
Boston Brown Bread *1 slice*
Milk *1/2 pint*

7
Grapefruit/Orange Juice *1/2 cup*
Whole Wheat English Muffin *1*
Honey
Milk *1/2 pint*

8
Orange Juice *1/2 cup*
Cheese Cubes *1 ounce*
Cracked Wheat Bread *1 slice*
Milk *1/2 pint*

Breakfast Menus for Schools Without Facilities

9
Grape Juice *1/2 cup*
Cheese & Peanut Butter Sandwich *1 ounce cheese, 1 Tbsp PB, 1 slice bread*
Milk *1/2 pint*

10
Orange Wedges *1/2 cup*
Bread *1 slice*
Chocolate Milk *1/2 pint*

11
Pineapple Juice *1/2 cup*
Raisin Bran Flakes *3/4 cup*
Milk *1/2 pint*

12
Apple *1 small*
Bologna Sandwich *1 ounce, 1 slice bread*
Milk *1/2 pint*

13
Orange Juice *1/2 cup*
Whole Wheat Roll *1*
Butter/Fortified Margarine
Milk *1/2 pint*

14
Grapefruit Juice *1/2 cup*
Granola *1 ounce*
Milk *1/2 pint*

15
Sliced Peaches *1/2 cup*
Cheese Sandwich *1 ounce, 1 slice bread*
Milk *1/2 pint*

16
Grape Juice *1/2 cup*
Muffin with Honey *1*
Milk *1/2 pint*

17
Orange Juice *1/2 cup*
Cinnamon Bread *1 slice*
Milk *1/2 pint*

18
Banana *1 small*
Peanut Butter Sandwich on Raisin Bread *2 Tbsp PB, 1 slice bread*
Milk *1/2 pint*

19
Grapefruit/Orange Juice *1/2 cup*
Choice of Ready-to-Eat Cereal *3/4 cup or 1 ounce*
Milk *1/2 pint*

How to Evaluate Breakfast Menus 6

After the foods and portion sizes to be used have been selected and recorded, check menus against the questions below. Follow through on the total job of planning menus, determine the total amounts of foods needed, estimate costs, and prepare market orders and work schedules.

Do breakfasts meet requirements?

Are all three components of the breakfast included?

Are serving sizes sufficient to provide each child at least:

1/2 pint of fluid milk as a beverage or on cereal?

1/2 cup fruit or vegetable or full-strength fruit or vegetable juice?

3/4 cup (volume) or 1-ounce (weight) serving, whichever is less, of whole-grain cereal or enriched or fortified cereal; or one slice of whole-grain or enriched bread or an equivalent quantity of any combination of these foods?

Do breakfasts follow nutritional recommendations?

Is a vitamin C food included frequently?

Are foods for iron served each day?

Is 1 ounce equivalent of meat or meat alternate served as often as possible?

Are larger or second servings planned and additional foods included to help meet nutritional needs and satisfy appetites?

Are the combinations of foods pleasing and acceptable to children?

Can breakfasts be prepared and served successfully?

Are menus planned so that some preparation can be done ahead?

Is the workload balanced among employees?

Can breakfast be prepared and served with facilities and equipment available?

Are oven and surface-cooking spaces adequate for items planned for each breakfast?

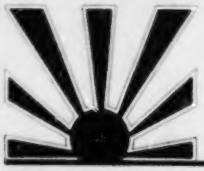
Is refrigeration adequate to care for perishable foods?

Has cost been considered?

Have USDA-donated foods been used to best advantage?

Have foods in inventory been used to the extent possible?

Do high and low cost foods in menus balance?



7 Why is Breakfast Important?

Eating breakfast regularly will benefit both the child and the school. The child is more alert and less fatigued and has a better chance to do well in school. The food that children eat each day makes a difference in the way they look, the way they feel, and the way they grow and learn. In addition, there are fewer discipline problems among children who start their day with a good breakfast.

Breakfast should provide its share of the food energy, protein, vitamins and minerals needed for the day. It should also look good and taste good.

Remember, a child will seldom make up at other meals food that is missed at breakfast.